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NEWS WORTH SHARING.

Keep your eye on the Birdy

Because she's a talented performer but not the type to seek the spotlight. Use Metro AR to hear her sing PAGE 9

All aboard the pain train — it's go time

Tips from experts to take your workout routine to the next level PAGE 12

'CANADIANIZE' YOURSELF

DAY 2 OF METRO'S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS HOPE TO LAND ON 'ELIGIBLE OCCUPATIONS' LIST BUT OFTEN SETTLE FOR 'SURVIVAL JOBS' TO STAY AFLOAT PAGE 4

USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'

TROUBLE, TROUBLE

Chairs and broken glass litter the sidewalk outside a Tim Hortons on Davie Street at Howe Monday after an apparent rampage. A 23-year-old man has been arrested. Story, page 2. MATT DESOUZA/FOR METRO

3 Victoria McDonald's blacklisted

Review underway. Franchisee suspected of violating federal foreign-worker rules

Three Victoria McDonald's restaurants were put on a federal blacklist Monday for alleged abuses of the Temporary Foreign Worker Program, prompting the fast-food chain to move quickly to cut ties with the franchise owner.

Federal Employment Minister Jason Kenney also suggested criminal charges could result against the owner if he lied on the original application to employ temporary foreign workers.

"I suspended both the labour-market opinions and the work permits that employer has been using pending the outcome of the investigation," said Kenney. "And we've blacklisted that employer as well as two others that we believe have abused the program."

Kenney said penalties for such a prosecution include up to five years in prison and fines reaching $100,000.

The Canada Border Services Agency could lay charges under the Immigration Act, he said.

The two other employers cited for alleged foreign-worker program abuses are the Boathouse Restaurant in Fenelon Falls, Ont., and Jungle Jim's Restaurant in Labrador City, N.L., Employment and Social Development Canada said in a statement.

The Temporary Foreign Worker Program has been under increased scrutiny after it was revealed companies were bringing in large numbers of foreign workers, which critics claimed were displacing Canadian workers.

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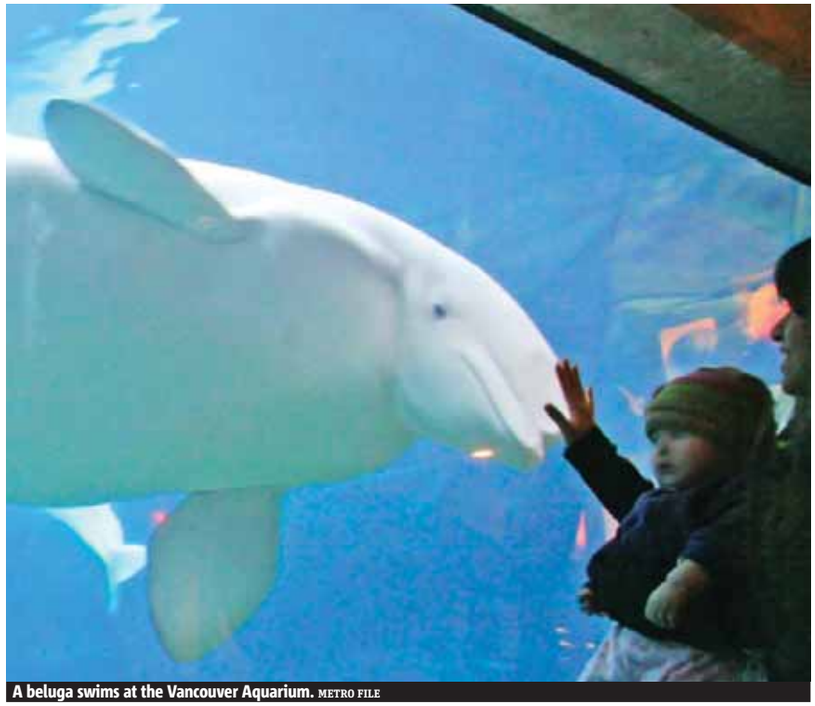
NEWS 1

Keeping whales in captivity is 'torture': Park Board members

'Conservation and education.'
Commissioner and vice-chair urge Vancouver Aquarium to stop keeping cetaceans in captivity

SAM SMITH
vancouver@metronews.ca


A beluga swims at the Vancouver Aquarium. METRO FILE

Their argument is simple — keeping whales, dolphins or porpoises inside the Vancouver Aquarium is nothing short of torture.

This is the message being sent out by Vancouver Park Board Commissioner Sarah Blyth and vice-chair Constance Barnes.

The two believe containing the cetaceans is cruel and as such they aim to have the city officially put an end to it.

"We're getting letters every day about this," Blyth told Metro. "People have even approached me in the coffee shop and been like, 'Are you Sarah Blyth? Oh, I wanted to talk with you about the whales.'"

The Park Board has also received a petition, started by Marcie Callewaert which reached more than 10,000 signatures, and has become too big to ignore.

"One hundred years ago we thought slavery was OK too," Barnes said.

"It's time to phase out whales and dolphins in captivity."

The two did say the Aquarium does great work, especially on the conservation and education fronts, but when it comes to this they don't see eye-to-eye.

John Nightingale, president and CEO of the Vancouver Aquarium, said they haven't caught wild whales since 1996 and the whales they do have educate and inspire the next generation.

"Beluga whales and dolphins have served and helped light that spark of interest and curiosity in people to gain an awareness and learn of nature, the ocean, and ocean conservation," he said.

The aquarium also has their own comment cards visitors can leave, most of which he says are positive.

Membership and visitation numbers are also on the rise, he added, with attendance numbers breaking the million-per-year mark since 2012.

"We put our efforts into conservation and education, and the community continues to value that," Nightingale said.

Make that a trouble, trouble with extra chaos

A 23-year-old man was taken into police custody Monday afternoon after an apparent rampage at a Vancouver Tim Hortons — pulling the fire alarm, smashing coffee pots and throwing chairs through windows.

The incident occurred shortly after lunchtime at the Davie and Howe location.

According to police, the man was asked to wait in line with the rest of the customers, but became upset and allegedly pulled the fire alarm.

Tajinder Mander, owner of Pizza Guys, located a few stores down from the Tim Hortons, said he knew something was up when his fire alarm starting ringing.

"It was around noon when my alarm went on," said Mander. "At first I disregarded it as a false alarm. I put my order in and went outside and saw lots of people. I closed my door and went to the Tim Hortons and saw three chairs outside, windows smashed, and one guy inside, who the police had arrested already."

VPD Const. Brian Montague said the man allegedly smashed coffee pots, threatened employees, ripped out debit terminals and threw chairs through the window. The man has not yet been charged and is being recommended for a psychiatric assessment.

It is not the first violent incident to occur at that particular Tim Hortons. In December 2011, a man was shot several times while sitting at the restaurant.

MATT DESOUZA/FOR METRO

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Election reform 'fails' on expense limits

B.C. municipal election campaigns. Rules delayed, again, until next cycle

Mayor Gregor Robertson leaves Vision Vancouver headquarters during the 2011 election campaign. PHYLICIA TORREVILLAS/METRO

Vancouverites have repeatedly asked for expense limits in B.C. municipal election campaigns and the province itself promised there would be caps by the 2011 elections.

But three years later, don't hold your breath for provincially mandated expense limits by November's election.

The government argued it needs to do more consultation before implementing such limits at the second reading of a bill to reform local government elections in the legislature on Monday.

While NDP critic Selina Robinson supported the changes recommended in the bill, including online disclosure of finances, she said it "utterly fails" to address the biggest problem of "ridiculous, outrageous" spending in cities like Vancouver. (In the 2011 election, the parties dropped more than $5 million to vie for votes.)

A task force formed in 2010 with 10,000 pieces of feedback recommended expense limits be set by the 2011 elections, but the province delayed the rules until 2014 to give municipalities time to understand the new rules, Robinson said. Yet this year it further delayed such rules until the following election.

Other NDP MLAs noted how big money interests seem to drive elections, be it Enbridge donations in Kitimat or developer donations in Vancouver.

Despite the criticism, Liberal MLAs revealed no intention to amend the legislation.

In the absence of wider legislation, Vancouver city council has asked to break free and institute its own expense limits. The province did not indicate it would let the city do so.

Neither of Vancouver's two major parties has any intention to agree to quell spending in the absence of legislation, representatives from both parties told Metro. In the last election, the NPA received a $960,000 donation from one developer.

And that doesn't touch on fundraising between elections. Mayor Gregor Robertson recently sparked a social media stir when a developer hosted a lunch where those invited to attend were asked to donate $25,000 to dine with the mayor.

Expense limits are in place in federal elections, in most provincial elections and in big cities including Toronto.

EMILY JACKSON/METRO

Richmond

Driver arrested for 180 km/h race

A Lower Mainland driver on an apparent joyride spent the night in jail after clocking speeds of 180 km/h.

An RCMP helicopter first spotted the white Mercedes C 63 travelling in an "aggressive manner" north across the Alex Fraser Bridge on Sunday around 1:30 a.m., according to a news release.

The driver continued into Richmond before turning around on Hwy 91.

Deas Island Freeway Patrol RCMP apprehended the motorist just before he headed back over the bridge. He was arrested, found to be in breach of a conditional sentence order and held in custody until a Monday court appearance.

Any witnesses to this incident are asked to call Deas Island RCMP at 604-946-2184. EMILY JACKSON/METRO

Transit. Police campaign targets sexual assaults

Sexual assaults on public transit are on the rise, and in an effort to combat that trend Transit Police are taking part in a week-long international campaign to stop it.

Titled Project Global Guardian, Vancouver's transit police will be conducting several different operations until Friday as they work and exchange information with police in Britain and the U.S.

It's a move that only begins to scratch the surface, but it's a start, according to Angela MacDougall, executive director of the Battered Women's Support Services.

"This campaign is one attempt at addressing a long-standing pervasive endemic aspect of women's realities," she said. "As early as last week we received another report of a woman who experienced sexual violence on public transportation while returning home from work."

She said it's these kinds of incidents that need to stop because it can drastically affect people's lives.

"It makes us fear being outside our houses," MacDougall said. "It makes the public environment unsafe, which curtails our access to resources, our sense of safety and security within our communities."

Transit Police have also officially launched their new texting system, whereby anyone can text 87-77-77 to discreetly report an incident, providing real-time information to the authorities.

It's a system that Alexa Dredge, co-creator of the Harassment on TransLink blog, thinks is a big step forward.

"Now with the text alert system if someone feels intimidated, which is often a huge fact to under-reporting, there's a more discrete way to go about it," she said.

SAM SMITH/FOR METRO

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See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

Courts should compel spousal testimony, says justice minister

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

New legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

THE CANADIAN PRESS

Homelessness

Report: 'Housing first' battles homelessness

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach is showing results, with over 2,000 homeless Canadians finding housing.

THE CANADIAN PRESS

Health care

Prepare for legal assisted suicide: Doctors' group

A group of palliative-care doctors says it's time to move beyond the "yes or no" debate about physician-assisted death and begin preparing for its eventual legalization in Canada. THE CANADIAN PRESS

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Liberals win majority in Quebec election

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Quebecois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Quebec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Philippe Couillard and his wife Suzanne Pilote take the stage after winning the election Monday in Saint-Félicien, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never really recovered.

THE CANADIAN PRESS

Defeated

Marois to step down

Pauline Marois is stepping down as Parti Quebecois leader after Monday's crushing election defeat.

She gave no details in her speech on Monday night about when she will leave the party.

THE CANADIAN PRESS

Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez' sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown's body home. THE ASSOCIATED PRESS

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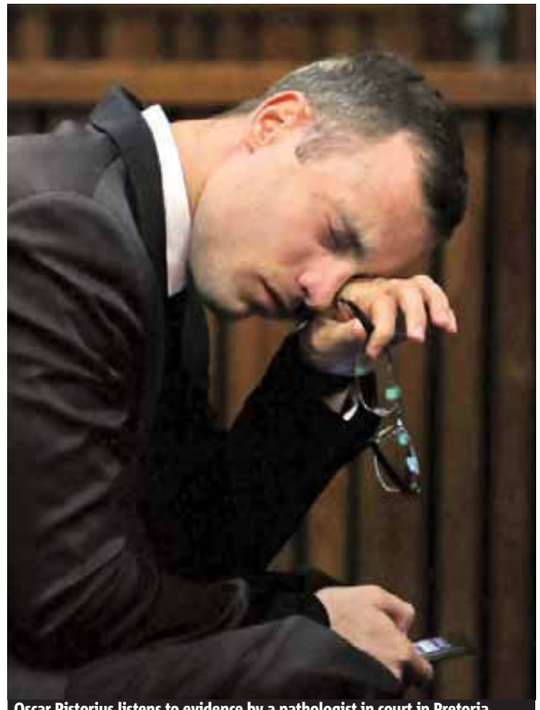

Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

'I was simply trying to protect Reeva,' Pistorius tells her family

Blade Runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

"I was simply trying to protect Reeva," the athlete said as Steenkamp's mother, June, looked impassively at him in the courtroom. "I can promise that when she went to bed that night she felt loved," Pistorius said.

Pistorius' display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner's heyday, as an inspiring tale. THE ASSOCIATED PRESS

Quoted

"I climbed into a cupboard and I phoned my sister to come and sit by me, which she did."

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in "a panic" one night.

Airline complaints drop in the U.S.

Report. While griping is a national pastime, few bother to lodge official complaints

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best, followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business professor Dean Headley said the drop in complaints might also reflect "a certain amount of resignation" that "it's never wonderful for airline passengers."

It's not clear that the researchers captured the mood of travellers. No matter how much people grumble about airlines, very few of the millions of fliers ever bother to file a complaint with the government. The Department of Transportation, or DOT, received just 9,684 complaints last year after getting 11,447 in 2012.

THE ASSOCIATED PRESS

A Delta Airlines jet passes an American flag during takeoff at Los Angeles International Airport. DAVID MCNEW/GETTY IMAGES

Cord-cutting craze?
Canadians hanging up on landlines, traditional TV

A new study says more Canadians are abandoning traditional forms of phone and television service.

The Convergence Consulting Group says about one-quarter of households in Canada won't have a wired phone by the end of 2014 and rely solely on wireless service, up from 22.4 per cent in 2013.

The Toronto-based consulting group also says households are increasingly switching to new sources for their television, but the trend isn't as far advanced.

Convergence Group says online television services such as Netflix will reach almost six per cent, or 665,000 households, by the end of this year — up from about four per cent.

Households are also increasingly abandoning traditional TV in favour of programming from other sources such as Netflix and other online services, Convergence said in predicting that even more Canadians will turn away from traditional TV services this year. "We forecast Canadian TV cord-cutter households will reach 665,000, or 5.7 per cent, by year-end 2014," according to the study, which is based on statistics from cable, satellite and telecom companies as well as Convergence's own analysis.

From 2011 to 2013, Convergence estimates that 458,000, or 3.9 per cent, of households relied solely on Netflix and other non-traditional TV services. THE CANADIAN PRESS

Breakfast wars

Can Taco Bell crack McMuffin fans?

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S. The fast-food chain is set to air a TV spot set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984.

It's a follow up to an ad with real-life men named Ronald McDonald professing their love of Taco Bell's breakfast.

THE ASSOCIATED PRESS

Controversial group

Chili's nixes autism fundraiser after heated criticisms

Chili's cancelled a fundraiser Monday for a group that states on its website that autism can be triggered by vaccinations, a position that has been widely discredited by the medical community.

The restaurant chain planned on donating a portion of its sales on Monday to the National Autism Association.

THE ASSOCIATED PRESS

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NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us," but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

So when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term conscious uncoupling implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey, and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and, yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational — and lucrative — lifestyle brand. She preaches regimentation that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge meticulously stocked according to macrobiotic ratios and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

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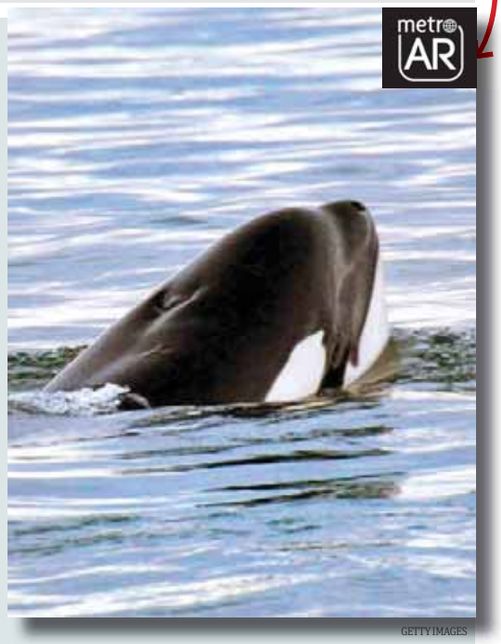
MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)



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See that symbol? It means you can scan this image with your Metro News app to see a video of Birdy's song Light Me Up

SCENE

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Shy Birdy no longer waiting in the wings

Teen songbird.
U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

Peaches' death another tragedy for Geldof

With her mum Paula Yates

The last tweet Peaches sent was on Sunday, when she posted a photograph of herself as a toddler with her mother and the caption: "Me and my mum."

Peaches Geldof, the wild-child second daughter of concert organizer Bob Geldof who filled the pages of British tabloids with her late-night antics as she flirted through the fashion and celebrity world, was found dead Monday at age 25.

There was no immediate word on the cause of her death at her home in Wrotham, Kent, southeast England but police called it "unexplained and sudden."

Peaches was only a girl of 11 when her mother Paula Yates died of a drug overdose in 2000 and those who knew her said it hit her extremely hard.

Her father and family issued an anguished statement Monday about her death.

"Peaches has died. We are beyond pain. She was the wildest, funniest, cleverest, wittiest and the most bonkers of all of us," Geldof said. "Writing 'was' destroys me afresh. What a beautiful child. How is this possible that we will not see her again? How is that bearable? We loved her and will cherish her forever."

In an interview with the Guardian in 2009, Peaches acknowledged that she used drugs before but said she had stopped.

"'Yeah, I've taken drugs. Yes, I have had experiences, and a few of those experiences were unsavoury, not ones I want to repeat, but I was growing up. I wanted the experience," she told the paper.

Peaches was married twice and leaves behind two sons, 23-month-old Astala and Phaedra, 11 months.

THE ASSOCIATED PRESS

A pregnant Peaches Geldof with her husband Thomas Cohen and their son Astala in 2013.
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Fargo, the TV show. Aw jeez, your Minnesotan needs work

Aw jeez, it wouldn't be Fargo without the distinctive Minnesota accents.

Vancouver-based dialect coach Tony Alcantar worked with actors in the new FX television series Fargo — adapted from the famous 1996 Coen brothers' film — to get the sound just right.

"The Minnesota sound, in its extreme, is a more musical sound," said Alcantar, an improv actor by trade originally from Chicago.

Though the Chicago and Minnesota accents share a similar Midwestern flavour, Alcantar said the latter is more "sing-songy."

"I would say it's because the influence is more European," he said. "You're going to get that Germanic or Northern European lilt that the Swedes are known for, that the Germans are known for."

Alcantar, a Second City alum who teaches at the Vancouver Acting School, worked with actors auditioning for roles in Fargo. After reading snippets of the script, Alcantar says he wanted in on the project.

"The more I read the different scenes, I thought, 'Man, this is really good.' This is some of the best writing I've seen, and I've been living in Vancouver for 15 years," he said.

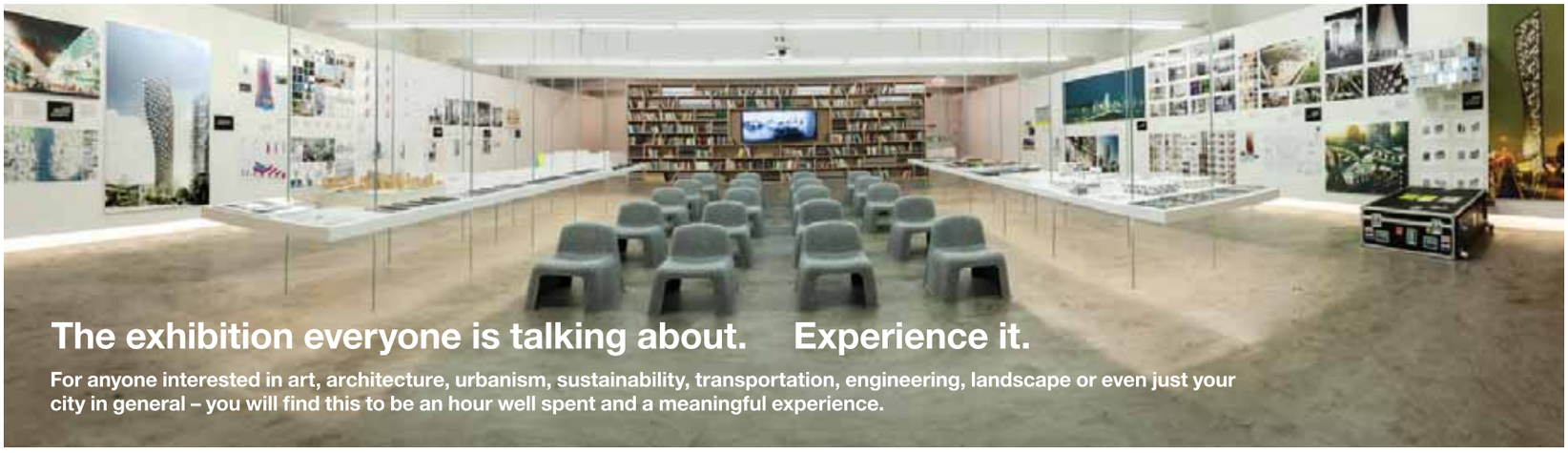
For actor Martin Freeman, who plays downtrodden insurance salesman Lester Nygaard, maintaining the right tone takes commitment.

Martin Freeman as Lester Nygaard in a scene from the new television show Fargo. MATTHIAS CLAMER/FX

"I stay in it every day. When I'm shooting, I'm always in it, because it would be too difficult to go from this to that," Freeman said in his natural way of speaking, a crisp British accent.

Fargo airs Tuesdays at 10 p.m. in Canada on the new specialty channel FXX starting April 15. The first episode will also be shown on FX Canada.

THE CANADIAN PRESS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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

Is Naomi Campbell attracted to Magneto?

Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they didn't shy away from public displays of affection. Campbell and Fassbender were "openly hugging and kissing," a source says. "At one point, they even started snogging."

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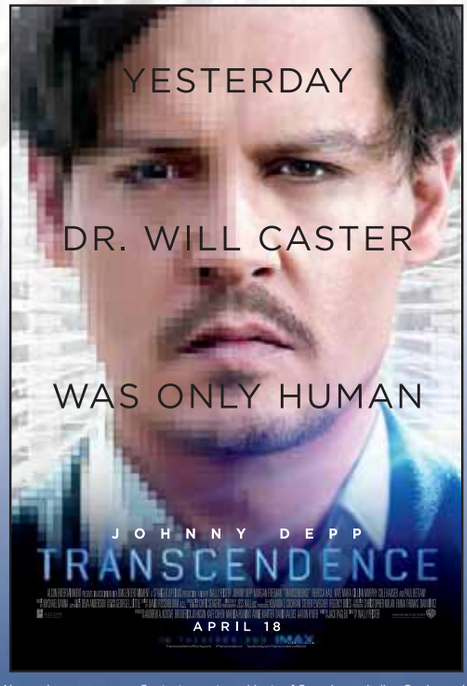

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LIFE 3

Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio and resistance mix

"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

Sweat it out together

Exercise boosts your mood, alleviates stress and gives you a hot bod. Want to share this with your special somebody? Julie Erickson of Endurance Pilates and Yoga in New York City shares a workout to lift your spirits and increase your heart rate.

One-legged squats: Stand facing each other, hands on hips, one leg extended (opposite leg for each partner). Keep torsos upright, press soles of feet into each other and bend supporting knee. Do 10 repetitions on each side.

Alternating lunges (timed, one minute): Assume a lunge position, right leg forward, left leg back. Set a timer for one minute. Start timer and switch lunges. Keep switching and keep counting your number of lunges. The winner gets a shoulder massage post-workout!

One-legged pushups: Start standing back to back and roll down, hands to the floor. Walk out to a plank position and lift one leg to match partner's opposite leg lift. Press soles of lifted feet together and lower into a pushup position. Do 10 repetitions on each side.

Side planks with kicks: Come into a side plank position facing each other. Lift the outside leg to hip height while one partner stretches the top leg forward as the other stretches his or her lifted leg back (your legs are reaching in the same direction). Do five repetitions in each direction and switch sides.

Medicine ball throws: Standing, legs wider than hips, pull medicine ball back behind head, extending upper spine, abs engaged to protect lower back. Throw ball to partner, initiating throw by using abdominals to engage abs for powerful throw, aiming for partner's chest. Partner catches, absorbing throw and repeats. Do 30 repetitions. **LASSE EMIL KRISTIANSEN, METRO WORLD NEWS IN NEW YORK**

Working out with your partner can be rewarding. ISTOCK

See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about community supported agriculture

Healthy Solutions

The most wonderful time of the year

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should comes from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

MYFRIENDINFOOD.COM

Stew that doesn't discriminate

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it? This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls and serve.

This recipe serves four. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. † 0% lease APR available for 48 months on a new or demonstrator 2014 Chevrolet Cruze 1LT, LAC by GM Financial. Annual kilometer limit of 20,000 km. $0.12/km charged for excess kilometers. Lessee responsible for excessive wear and use. Freight included. License, insurance, registration fees and other applicable fees not included. Dealers are free to set individual prices. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See participating dealer for details. ¥ $1,800 manufacturer to dealer lease cash available on 2014 Cruze 1LT. Cash credits available on most models. See participating dealer or chevrolet.ca for details. Offers end April 30, 2014. ^^Whichever comes first. Limit of four ACDelco Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ^Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ^ Whichever comes first. See dealer for details. ‡‡Based on MarkitAuto.com 2012 Chevrolet Cruze 1LT (FSA/WH9) vs. 2013 Chevrolet Cruze 1LT (FSA/WH9) model. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet model. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet model. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet model. Bonus credit(s) cannot be combined with other consumer incentives. Taxes apply on GM vehicles. The $1500 credit includes GST/PST as applicable by province. As part of the scrapping process, vehicle must be deregistered for cash and proof of deregistration required. This offer may not be extended, varied or withdrawn before the end of the Program Period. Offer may be changed without notice. Dealer order or trade may be required. ‡ Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and April 30, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $30. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland and Labrador). Fuel savings card is redeemable only at participating locations. Taxes and other charges are not included in the value of the fuel savings card. Limit one fuel savings card per eligible vehicle. Offer may be changed without notice. Dealer order or trade may be required. ¥¥ Lease cash offered on retail deliveries of 2014 Chevrolet Cruze 1LT (FSA/WH9) equipped as described. Freight ($1,600) and PDI included. License, insurance, registration, administration fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in BC Chevrolet Dealer Advertising Association area only. Dealer order or trade may be required. ‡ 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank ¥ or RBC Royal Bank ¥ on approved credit. Example: $10,000 at 0% APR, the monthly payment is $119 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Offer is unconditionally interest-free. Freight included. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. † 0% lease APR available for 48 months on a new or demonstrator 2014 Chevrolet Cruze 1LT, LAC by GM Financial. Annual kilometer limit of 20,000 km. $0.12/km charged for excess kilometers. Lessee responsible for excessive wear and use. Freight included. License, insurance, registration fees and other applicable fees not included. Dealers are free to set individual prices. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See participating dealer for details. ¥ $1,800 manufacturer to dealer lease cash available on 2014 Cruze 1LT. Cash credits available on most models. See participating dealer or chevrolet.ca for details. Offers end April 30, 2014. ^^Whichever comes first. 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Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible vehicle

The Ducks' Daniel Winnik celebrates scoring past Canucks goalie Eddie Lack at Rogers Arena on Monday night. JONATHAN HAYWARD/THE CANADIAN PRESS

Listless Canucks done in by Ducks

NHL. Big changes could be coming this off-season, which begins next week

CAM TUCKER
cam.tucker@metronews.ca

On Monday

3	0
Ducks	Canucks

The Vancouver Canucks have officially been eliminated from playoff contention. And they went out with barely a whimper.

The Canucks looked disinterested and tired for Monday's meeting against the visiting Anaheim Ducks, playing their second game in as many nights with a plane trip from Edmonton to Vancouver involved.

The Ducks defeated the Canucks 3-0.

This tumultuous season will finally come to an end next Sunday. The Calgary Flames are in town. Book the tee time.

That fabulous month of December, which helped the Canucks begin 2014 with a 23-11-7 record, is all but a distant memory now.

Since then, the Canucks have gone 12-22-4. Head coach John Tortorella, hired only last June, could be fired. Ditto goes for general manager Mike Gillis.

It was only last Thursday morning that Gillis took to the Team 1040 airwaves to talk about the club's problems. He would like to get this team back to its old ways of puck possession and skill. There wasn't a whiff of that Monday.

Facing goalie John Gibson, making his National Hockey League debut, the Canucks peppered him with all of nine lousy shots through two periods.

Daniel Winnik opened the scoring for Anaheim at the 6:26 mark of the first period. He stripped Henrik Sedin of the puck, went in on Eddie Lack and ripped his shot top corner for the short-handed goal.

Kyle Palmieri increased Anaheim's lead to two goals with less than three minutes remaining in the second period.

NCAA men's basketball

UConn's seniors trump Kentucky's freshmen for title

Shabazz Napier scored 22 points and Connecticut won its second NCAA title in four years, beating all those Kentucky freshmen 60-54 in the championship game Monday night.

Napier is among three UConn seniors who were part of the Huskies' 2011 title. That trio stayed after coach Jim Calhoun's retirement, even when the Huskies were ineligible for the NCAA tournament last season.

They came back strong in coach Kevin Ollie's second season, and the Huskies (32-8) went all the way to their fourth overall title.

Kentucky (29-11), with five freshmen starters, never led in the championship game.

The Wildcats missed 11 of 24 free throws, while the Huskies were perfect on 10 tries. THE ASSOCIATED PRESS

Shabazz Napier of the Connecticut Huskies drives to the basket against the Kentucky Wildcats on Monday night in Arlington, Texas. JAMIE SQUIRE/GETTY IMAGES

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City. ELSA/GETTY IMAGES

Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell tour in full swing

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner, and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat.

This was his first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 fans on hand were almost surely the last to witness a single-digit pinstriped uniform on opening day. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

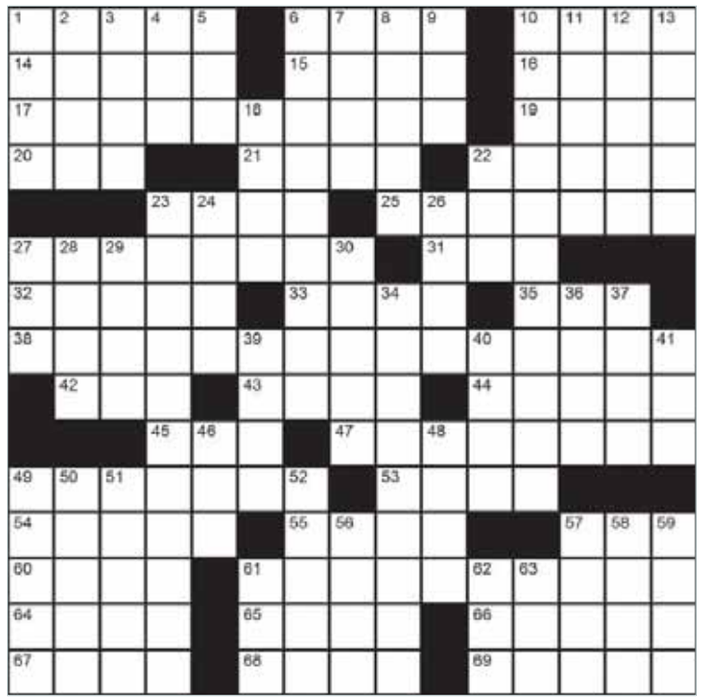
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

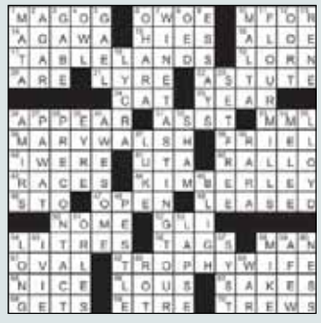
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ _'_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

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